

Health Benefits of Eating Fish & Game

Eating wild fish and game is a great nutritional choice for individuals of all ages!

Health Benefits of Fish:

- Fish can be a great low-fat source of protein.
- Omega-3 fatty acids are a healthy fat that can be found in some fish (such as salmon, herring, lake whitefish and anchovies). These fats are great for brain growth and development in babies and children.
- The American Heart Association says eating fish high in omega-3 fatty acids, twice a week, may help prevent heart disease in adults.
- Omega-3 fatty acids can also help lower blood pressure and can improve arthritis symptoms.

Health Benefits of Game:

- Wild game, because of its more active lifestyle, tends to provide leaner cuts of meat with less harmful fats.
- Game meat also has a significantly higher content of omega-3 fatty acids than domestic meat.
- Unlike some commercially harvested meats, game meat is free of steroids and unnatural growth supplements.

Species	Protein %	Fat %	Cholesterol (mg/100g)	Calories (Kcal/100g)
Beef	22.7	2.0	69	152
Pork	22.3	4.9	71	165
Elk	22.8	0.9	67	137
Deer	23.6	1.4	116	149

Why not buy a fishing and/or hunting license and give yourself the opportunity to provide healthy food choices for yourself and your family? Check out the numerous licenses available in Michigan by visiting www.michigan.gov/dnr.

Content sources: Michigan Department of Community Health, US Department of Agriculture Nutrient Data Laboratory

